

10 Things You Can Do To Help Stop The Violence

1. **Be Drug Free!** Alcohol and drugs can contribute to violent behavior and put you in situations where you could become a victim of violence.
2. **Identify the problem.** Focus on the problem, not the person.
3. **Be honest by telling others how you feel.**
4. **If you anticipate a difficult situation, plan ahead.** Think of alternatives that can peacefully resolve the conflict.
5. **Ask a friend or parent to listen to both sides and help work out a reasonable, non-violent solution.**
6. **Respect other people and their property.**
7. **Stay in school!** Truancy often results in delinquent behavior that involves violence.
8. **Conflict is a normal part of life.** Learn and practice non-violent ways to deal with conflict.
9. **Avoid watching violence on television.**
10. **Remember, it's cool to be in control of your own behavior.**

Resources

Victim Assistance

Dakota County Attorney's Office Victim/Witness Program (651) 438-4438
First Call For Help (651) 291-0211

TDD 1-800-627-3529

Community Action Council (952) 985-5300

CAC's B. Robert Lewis House Eagan (651) 452-7288

TDD/TTY (651) 405-9455

Hastings (651) 437-1291

TDD (651) 437-2838

Out of Area 1-800-336-SAFE

Womankind - Fairview Ridges..... (952) 892-2500

Police/Law Enforcement

Apple Valley Police Department..... (952) 953-2700

Burnsville Police Department..... (952) 895-4600

Dakota County Sheriff's Office (651) 438-4700

Eagan Police Department (651) 675-5700

Farmington Police Department (651) 463-3333

Hastings Police Department (651) 480-2300

Inver Grove Heights Police Department (651) 450-2525

Lakeville Police Department..... (952) 985-4800

Mendota Heights Police Department (651) 452-1366

Rosemount Police Department (651) 423-4491

South St. Paul Police Department (651) 554-3300

West St. Paul Police Department (651) 552-4200

Youth Planning Committee of the Dakota Partnership for Healthy Communities

1 Mendota Road West, Suite 410,

West St. Paul, MN 55118-4771

(651) 554-6154

Violence Prevention Initiative

1 Mendota Road West, Suite 410,

West St. Paul, MN 55118-4771

(651) 554-6123

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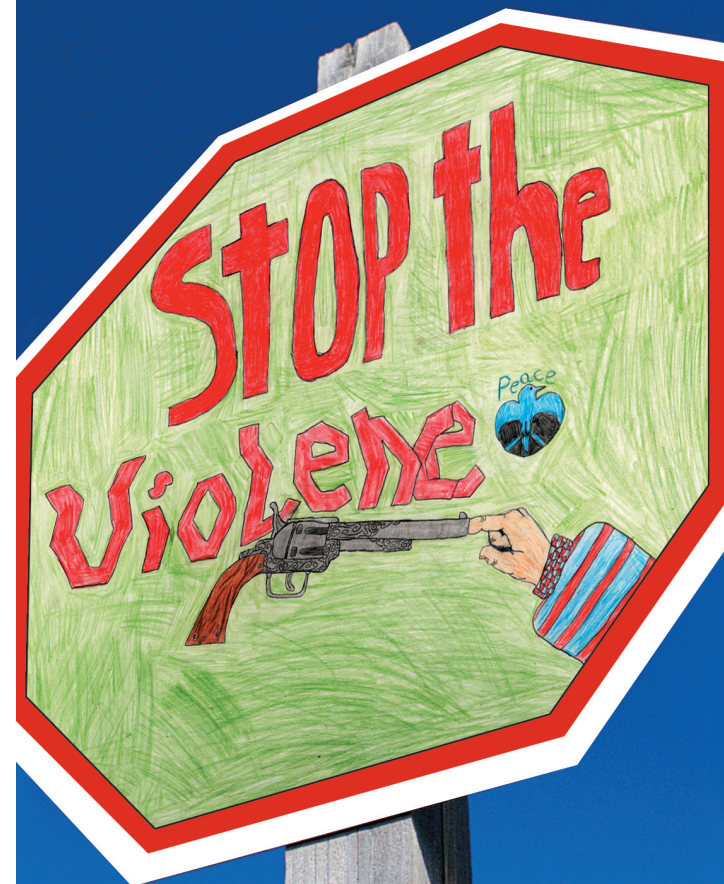
Dakota County Sheriff

and

Paid for by money and property forfeited from drug dealers.

For further information please contact,
Dakota County Attorney's Office at (651) 438-4438.

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This brochure is being distributed by:

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and

DON GUDMUNDSON

Dakota County Sheriff



YOU'RE THE ONE

WHO CAN MAKE THE PEACE

Conflict may be unavoidable and a useful way of encouraging change and growth. You have the power to learn to deal with conflict in a non-violent way. To work towards reducing violence, we all need to start with ourselves and our own behavior. Dakota County Attorney James Backstrom and Dakota County Sheriff Don Gudmundson have designed this brochure to provide suggestions on how you can help stop the violence.

**Violence is
learned behavior
– it can be
unlearned!**

**When you have a conflict with another
person, remember that anger is okay
at times, violence is not.**

**Racism
is
violence!**

**Youth access
to guns is related
to the increased
youth homicide
rate in our
Country.**

You can grow up violence free by learning and practicing listening skills, being assertive, expressing your feelings, cooperating with others and learning to discuss your problems and negotiate with others.

WHAT IS VIOLENCE?

Talk and listen to others about violence. What you think of as violence can be different from what others think depending upon your experiences and beliefs. Violence can be:

1. **Verbal** – words that put down, hurt, threaten or scare.
2. **Physical** – pushing, kicking, hitting.
3. **Sexual** – forced or tricked sexual touching or contact.

**Words and actions that hurt
people are violence.**

**“It is you who create your own destiny. You create your own destiny through the choices you make. If you don’t make positive choices, you will have your fate inflicted upon you,” - Justin Sabo, (1997),
School of Environmental Learning, Apple Valley, MN.**

**Violence Free Is
The Way To Be!**

Take Control of Your Anger

“THE CHILL DRILL”

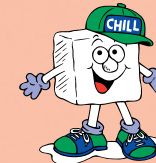
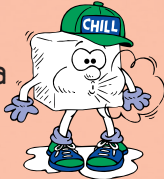
CHILL: Calm Your Body’s Anger Energy.

1. CHILL

Chill is your signal to start to calm down. Take a deep breath; Get rid of that frown.

2. BLOW!

Blow means to breathe as if blowing a balloon. Take 3 balloon breaths; You’ll be calmer soon!



3. FACE

Your face shows your anger, it gives off a frown. Relax your face – SMILE; You’ll quickly calm down.

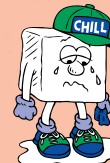
4. SPACE

Your personal space is important to protect. Take a step back; Take time to reflect.

CHOOSE: Focus Your Mind on Positive Action.

1. CLAIM Your Anger

Your anger is yours to own and to claim. Try not to deny it, stuff it or blame.



2. NAME The Hurt

Anger protects you. It covers your pain. Admit that you’re hurting; You’ve so much to gain.

3. TAME Your Anger

Your temper is yours to lose or control. Choose wisely and well to accomplish this goal.

4. MAKE A Plan

Anger results from problems unsolved. Plan for solutions until they’re resolved.

